



2600 Three Leaves Dr.  
Mt. Pleasant, MI  
989-779-5602

### **Fitness Evaluation**

Meet with an exercise physiologist for a complete evaluation including body composition, muscular strength and endurance, aerobic capacity and flexibility testing. A personalized exercise plan will be developed based on the results and personal fitness goals.

### **Cardiovascular Exercise**

Treadmills, upright and recumbent bikes, elliptical trainers, stair climbers, versa-climbers, rowers, Nu-Steps, Airdynes, Nordic Tracks, and *NEW Arc Trainers!*

### **Strength Training**

Cybex Variable Resistance machines, free weight area, Smith Machine, dumbbells, benches, Swiss Balls, BOSUs, Body Bars, resistance bands, and medicine balls.

### **Other Amenities**

Aerobic and toning/conditioning classes (free to members) including: Basic Step, Body Basics, Cardio Combo, Step Interval, Pilates, Yoga, Aikido, Cardio Kick, TurboKick.

Plus computerized progress charting, locker and shower facilities; convenient hours.

### **Rates:**

**Corporate Rate- \$40/month**

**Dependents- \$20/month**

**Buy 11 months, get 12th month free.**

**\$50 enrollment fee is waived.**

### **Hours**

**Monday-Thursday 5am-10pm**

**Friday 5am-8pm**

**Saturday and Sunday 7am-**

**(Hours may vary seasonally)**

[www.cmch.org](http://www.cmch.org)

(click—clinical services, fitness, and schedules and class descriptions)